



NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

Is Your Drinking Habit Preventing You from Saving Money?

Saving money is usually on the top of everyone's list for the New Year. A night out with friends can fun, but can also become costly. Here are few suggestions on having a fun and safe night out while drinking, without it causing financial problems.

Don't bring a lot of money with you. This may sound simple but it's very effective. Try to only bring an estimate of money you need for the night in your wallet, along with your ID. That means no credit cards. Keep an extra \$20 or so in your back pocket for the cab ride home.

No matter how good your intentions are before you drink, once you start drinking, your money will have much less value to you. Whether it's the mood or the good vibes that catch up to you, something will trigger you to become care free with your spending. So remember, if you only bring \$40 with you, then you'll only spend \$40. If you bring \$100 "just in case" you might end up spending all of it. It's better to be realistic ahead of time than to regret all the money you spent the next morning.

Split the bill always. Just because everyone is having a fun time it's no excuse for someone to "forget" to pay. Make sure the bill gets paid equally so that you're not always stuck picking up the tab.



Avoid drinks in certain environments.

It's cool if you have drinks at a buddy's place or the local pub, but you may want to think twice at dinner. It's no secret that drinks are much more expensive with dinner than they are at home or in a pub. Two beers at a restaurant with dinner will cost you much more than two beers in your living room.

Pick your location ahead of time.

Sometimes when you go out, you plan to just go with the flow. That might be fun, but when you realize how much money you spent on taking cabs around town, you'll wish that you did some planning before the night started.

DUIs can be costly. Go through one DUI, and you'll know what a financial pinch really is. Court costs, legal fees, fines, higher insurance rates all come with the package. And if your DUI involves an accident, you could also face medical bills and car repair or replacement costs. Whether you are a single person, married, or have a family, the money you spend on a DUI could go a long way towards other things in your life.



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Sailors Cautioned After Legalization of Marijuana

By Mass Communication
Specialist 3rd Class Vanessa David

EVERETT, Wash. (NNS) -- Although the state of Washington has recently updated the law on the use of marijuana, essentially decriminalizing use for civilians, Zero Tolerance drug policy regulations remain unaffected for Sailors.

The Zero Tolerance drug policy was implemented after a fatal crash of an EA-6B Prowler on board USS Nimitz in 1981, killing 14 crew members and injuring 45 others.

Autopsies were performed and several members of the flight deck crew tested positive for marijuana. Following this discovery, then-President Ronald Reagan instituted a Zero Tolerance drug policy across all of the U.S. Armed Forces.

As a result regular, random urinalysis drug checks are conducted on all military personnel.

"Marijuana can stay in the system for up to 30 days depending on the person's metabolism, dosage and method of consumption," said Hospital Corpsman 3rd Class David Johnson. "Because it's lipid-based, it can stay in the fat cells for a long period of time, whereas water-based substances would flow through very quickly."



Marijuana, or cannabis, induces multiple psychological affects to the users mental state.

"Being under the influence of marijuana can result in slow reaction speed and poor judgment, and can negatively affect operational success," said Legalman 1st Class Michael Lightsey. "In the case of an emergency, people could get hurt. You don't want anyone to be high while operating a jet."

Illegal or wrongful use, possession, sale, transfer of controlled substances, or any attempt to commit drug offenses results in maximum punishment under the Uniform Code of Military Justice, which includes forfeiture of a half month's pay for two months, reduction in rank, courts martial, three days confinement on bread and water (for E-3 and below Sailors),

45 days of extra duty and 45 days on restriction or 60 days of restriction and discharge from military service.

"Aside from the typical punishment that follows drug use, there are collateral consequences to getting kicked out of the military," said Lt. Cmdr. Ryan Anderson, Nimitz' command judge advocate. "Aside from increasing the difficulty of finding a job, you also lose your G.I Bill. It's not a good idea for Sailors to dabble with marijuana because it's not worth it. Before you eat that pot brownie, ask yourself if it's worth losing \$90,000."

For more information about the misuse of controlled substances and its consequences, reference MILPERSMAN 1910-146.

Stay Educated in 2013

Every month NADAP will conduct webinars on various topics related to substance abuse prevention. A webinar is an online seminar that is conducted and viewed on a computer. The webinars will focus on a new topic each month to include ADMITS, IFTDTL, alcohol screening packages, NDSP and lab positives. At the end of each webinar audience members will be able to ask questions on any topic. Each webinar will have a 30 minute presentation and 30 minutes allotted for Q&A.

Each webinar will begin at 1300-1400 (CST) and an additional webinar is available at 1700 (CST).

Joining the webinar is easy. Click the URL below to join meeting. Once the window is loaded, type your name to enter the meeting as a "Guest". Please give the screen a few minutes to load. If you have a DCO account, please login in with your DCO information.

<https://connect.dco.dod.mil/nadapwebinar/>

We recommend that you log on to the webinar at least 5 minutes prior to the scheduled start time. Please note that to participate in the web presentation you may be prompted to download software. If you need assistance or have questions, please contact Sara Geer at sara.geer.ctr@navy.mil.

WEBINAR SCHEDULE

24 JAN	Synthetic Drug Testing
31 JAN	Alcohol Detection Devices
14 FEB	NDSP Overview
14 MAR	ADMITS Overview
11 APR	Prevention Campaigns & How to Order
9 MAY	DAPA Responsibilities
6 JUN	ADCO Responsibilities
27 JUN	UPC Responsibilities

Missed a Webinar? Not to worry, NADAP has recorded all webinars. Visit www.nadap.navy.mil to view.

Fans Don't Let Fans Drive Drunk

If you're attending a Super Bowl party or watching the game at a sports bar or restaurant:

- Designate your sober driver before the party begins.
- Avoid drinking too much alcohol too fast. Pace yourself. Eat plenty of food, take breaks, and alternate with non-alcoholic drinks.
- If you don't have a designated driver, ask a sober friend for a ride home; call a cab, friend, or family member to come and get you; or if possible stay where you are for the night and don't drive until you are sober.
- Use your local safe ride home program.
- Never let friends drive drunk. Arrange a safe way for them to get home.
- Always buckle up. It's still your best defense against other drunk drivers.

If you're hosting a Super Bowl party:

- Make sure all of your guests designate their sober drivers in advance, or help arrange ride-sharing with sober drivers.
- Serve plenty of food and non-alcoholic beverages at the party.
- Host your party just like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game. The fourth quarter is perfect for serving coffee and dessert.
- Keep the phone numbers of local cab companies on hand and take the keys away from anyone who is thinking of driving drunk.
- Remember, you can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.



- If an underage person drinks and drives, the parent may be legally liable for any damage, injury or death caused by the underage driver.
- Likewise, parents or other adults who provide alcohol to, or host a party where alcohol is available to, those under age 21 could face jail time.

Navy Medicine Rolls Out New Campaign to Deter Use of 'Bath Salts'

By Valerie A. Kremer, U.S. Navy
Bureau of Medicine and Surgery Public
Affairs

Navy Medicine announced the launch of a new informational video and poster regarding the health risks and dangers of the synthetic amphetamine known as "bath salts" and other designer drugs, Dec. 20.

The public service announcement video and poster will be distributed for display throughout the fleet and are available for download at <http://www.med.navy.mil/Pages/spice.aspx>.

The new media products focus on the dangers of bath salts and are part of the long-term awareness and deterrence campaign Navy Medicine launched last year on synthetic and designer drugs. This effort is also part of an overall Navy communications plan with partners at the Naval Personnel Command and the Naval Criminal Investigative Service and other commands.

The education and awareness campaign from Navy Medicine supports the Navy's zero-tolerance policy on designer drug use, as well as highlights the real and present risks of bath salts. The campaign's goal is to decrease the number of active-duty service members who use designer drugs like bath salts and the synthetic marijuana "Spice" because they are falsely marketed as a "legal" way to get high.

According to Navy Medicine psychiatry resident Lt. George Loeffler at the Naval Medical Center San Diego, the adverse health effects from bath salt use can range from lack of appetite to kidney failure, muscle spasms, severe paranoid delusions, and psychosis. Several cases of long-term inpatient hospitalization and suicide have been reported and Loeffler has firsthand experience treating service members at Navy military treatment facilities with these symptoms.

"I would say not just as the naval officer, but as your doctor, bath salts will not only jack up your family and your career, it will jack up your mind and body too," said Loeffler in the PSA now available online.

The Bath Salts campaign's slogan, "Bath salts: It's not a fad... It's a nightmare," "reflects the hallucinogenic effect of bath salts, which are a non-regulated designer drug comprised of a synthetic cathinone, or amphetamine, that can have a dangerous or debilitating effect on the user.

"As the leader of the medical community for the Navy and Marine Corps, I cannot emphasize enough to our Sailors and Marines that using synthetic drugs really is just like playing Russian roulette with their health, not to mention their career," said Vice Adm. Matthew L. Nathan, U.S. Navy surgeon general said in an editorial written for the Union Tribune in San Diego earlier this year.

The bath salts campaign further supports the Navy Surgeon General's mission for all commanding officers and others in positions of leadership to be fully engaged in their command's implementation plan to continually communicate and educate all hands as to the Navy's zero-tolerance policy on designer drug use.

"The U.S. military represents a microcosm of our much larger population and in many ways strives to be a reflection of the society we serve, so we share many of the same health and safety issues as the general population, including the increased use of these dangerous and debilitating drugs – which not only affect our service members' health, but also our readiness as a military force," said Nathan.



For nearly two years now, Navy leaders have taken a multitiered approach to combating this escalating issue in our forces, and with our partners in the Naval Criminal Investigative Service, Naval Personnel Command and throughout our naval enterprise, we have made progress in deterring and detecting use."

Nathan affirmed that the Navy will continue to highlight the issue of synthetic drug use by delivering sustained and targeted messages throughout the Navy and Marine Corps

"We cannot over-communicate this issue," said Nathan. "Accountability for those who abuse these substances will help deter their use."

Navy Medicine is a global health care network of more than 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

Follow the link below for the corresponding video:

<http://www.youtube.com/watch?v=mhlaHwnErBI&feature=youtu.be>

Revised Synthetic Drug Testing (SDT) Operating Guide

The SDT Operating Guide has been revised and is available on the NADAP web page (WWW.NADAP.NAVY.MIL). All changes are effective as of 01JAN2013. Users should read the entire publication to ensure successful testing of command samples. The revisions include procedural changes that support the transition to a different testing facility, clarifies how to view testing result reports in ADMITS, updates the mailing address for collected samples, and provides detailed procedures for testing substituted cathinone (bath salts). Testing results from synthetic drug testing are still subject to restrictions detailed in NAVADMINs 082/12 and 103/12. Commands should always consult with legal counsel prior to taking action on synthetic drug testing results. For questions, please contact the Synthetic Drug Testing Help Desk: mill_sdtestreq@navy.mil, or (901) 874-4232 (DSN 882).

DEFY Conducts Train-The-Trainer Events

Drug Education For Youth (DEFY) will conduct three regional Train-The-Trainer (TTT) events over the next three months at the following locations:

29-30 Jan 2013: NAS Pensacola, FL
20-21 Feb 2013: NAS North Island, CA
19-20 Mar 2013: JEB Little Creek, VA

The TTT events are geared towards training local DEFY Program staff members on proper execution of the program. Two personnel from existing DEFY sites, three from new DEFY sites, and local area programs will be allowed up to eight attendees. The TTT event enables key staff in attendance to return to the local program and properly train local staff members and comply with DoD, Navy, and DEFY requirements.

The TTT events are by invitation only; however, if you would like more information about DEFY, log onto <http://www.public.navy.mil/BUPERS-NPC/SUPPORT/NADAP/DEFY/Pages/default2.aspx>, or call 901-874-3300 (DSN 882-3300).

Campaigns and Materials

NADAP provides a variety of campaigns intended to promote substance abuse awareness. To make it even easier, the majority of campaign materials are now available through the Navy Logistics Library (NLL) at no cost to all Navy commands.

Campaign	Materials	How to Order
Who Will Stand Your Watch?	<ul style="list-style-type: none"> • Pamphlets • Posters • PSAs 	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: NADAP
The Domino Strategy on How to Drink Responsibly	<ul style="list-style-type: none"> • Pamphlets • Posters • Banners • Table Tents • PSAs 	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: Domino
Spice: It's Not Legal. It's Not Healthy. It's Not Worth it.	Posters	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: Spice
That Guy	<ul style="list-style-type: none"> • Posters • Coasters • Playing Cards • etc. 	Visit: www.thatguy.com/resources
Sailor's Guide for Substance Abuse Prevention	Pocket Guide	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: NADAP
Street Drug Booklet	Booklet	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: NADAP
Prevention Banners	Banners: <ul style="list-style-type: none"> • 101 Days of Summer • 3D Month • Red Ribbon Week 	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: NADAP

Substance Abuse Prevention Plan 2013

2013 is here and it's time to plan your command's Substance abuse prevention plan for the year. Here are a few suggestions to get you started:

Build Your Prevention Team.

Identify additional people and departments at your installation to help promote and implement the campaign. Try to include members from Public Affairs, Safety, MWR, Health Promotion, substance abuse prevention, and other groups.

Brief Your Leadership and Team.

If possible, schedule time to brief leadership at your installation. Many Commanders have welcomed an aggressive substance abuse prevention plan, which will help ensure success. Also, be sure to schedule a team meeting to brief others on the various campaigns and brainstorm ways to promote each campaign at your installation or ship.

Remember to focus on communications that are peer-to-peer in nature and not top-down mandates from the chain of command. When planning, focus on:

- Identifying various communication channels (TV, radio, newspaper, and events) to promote campaigns and distribute materials.
- Identifying locations throughout the installation and community where materials (posters, coasters, etc.) can be placed and distributed.
- Identify potential partnerships that can be leveraged, including existing relationships with local radio stations, television stations and newspapers, and local bars and restaurants, to increase awareness of the campaigns.
- Work your local CSADD chapter to develop peer-to-peer events and movements.
- Brainstorm additional ideas about how to engage the command and target audience in the campaign.
- Develop a plan for substance abuse prevention outreach, including time lines, materials, venues, and responsibilities. Using the many available tools, implementation can begin right away.
- Develop a calendar to keep track of holidays, events, and topics you can focus on throughout the year.

Holiday and Topics to Discuss Throughout the Year

JANUARY

- New Year's Resolutions (Address "cutting back" methods for drinking or smoking)

FEBRUARY

- Super Bowl (Tips on throwing a "Responsible" Super Bowl Party, Focus on designated driving, safe ride home programs)

MARCH

- National Inhalants and Poisons Awareness Week
- St. Patrick's Day
- National Nutrition Month (Discuss the amount of calories in alcoholic beverages)

APRIL

- Alcohol Awareness Week
- Alcohol Screening Day
- Rx Drug Take Back - April 27, 2013
- Sexual Assault Awareness Month

MAY

- Memorial Day
- Kickoff to 101 Days of Summer

JUNE

- International Day Against Drug Abuse & Illicit Trafficking

JULY

- 4th Of July (Responsible drinking habits)

AUGUST

- Choose a topic to focus on this month.

SEPTEMBER

- National Alcohol and Drug Abuse Addiction Recovery Month
- National Suicide Prevention Awareness Month
- Labor Day

OCTOBER

- Red Ribbon Week
- National Drug Facts Week
- National Substance abuse Month
- National Take Back Initiative (Prescription Drug)
- Halloween

NOVEMBER

- Great American Smokeout
- Thanksgiving
- Begin Pre-Holiday Season Messaging

DECEMBER

- National Drunk and Drugged Driving Month (3D Month)
- Focus on impaired driving, responsible drinking, best practices, etc

What is .08?

Alcohol decreases a person's ability to drive a motor vehicle safely. The more you drink, the greater the effect. The amount of alcohol required to become impaired differs according to how fast you drink, your weight, your gender, and how much food you have in your stomach. Because of these variables, the safest choice is always not to drink and drive. Designate a driver when consuming alcohol.

Visit <http://www.madd.org/drunken-driving/about/understanding-08.html> for more information.

BAC (g/dL) ¹	Typical Effects	Predictable Effects on Driving
.02	<ul style="list-style-type: none"> Some loss of judgment Relaxation Slight body warmth Altered mood 	<ul style="list-style-type: none"> Decline in visual functions (rapid tracking of a moving target) Decline in ability to perform two tasks at the same time (divided attention)
.05	<ul style="list-style-type: none"> Exaggerated behavior May have loss of small-muscle control (e.g., focusing your eyes) Impaired judgment Usually good feeling Lowered alertness Release of inhibition 	<ul style="list-style-type: none"> Reduced coordination Reduced ability to track moving objects Difficulty steering Reduced response to emergency driving situations
.08	<ul style="list-style-type: none"> Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing) Harder to detect danger Judgment, self-control, reasoning, and memory are impaired 	<ul style="list-style-type: none"> Concentration Short-term memory loss Speed control Reduced information processing capability (e.g., signal detection, visual search) Impaired perception
.10	<ul style="list-style-type: none"> Clear deterioration of reaction time and control Slurred speech, poor coordination, and slowed thinking 	<ul style="list-style-type: none"> Reduced ability to maintain lane position and brake appropriately
.15	<ul style="list-style-type: none"> Far less muscle control than normal Vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol) Major loss of balance 	<ul style="list-style-type: none"> Substantial impairment in vehicle control, attention to driving task, and visual and auditory information processing

2012 STATISTICS

ARIs & DUIs

JAN	380	105
FEB	322	99
MAR	373	123
APR	402	107
MAY	345	87
JUN	336	76
JUL	308	72
AUG	267	82
SEP	270	96
OCT	294	71
NOV	171	57
DEC	87	24

MEM POS & TOTAL TESTED

JAN	109	121,204
FEB	88	97,630
MAR	118	100,629
APR	115	98,095
MAY	126	95,822
JUN	120	93,820
JUL	131	96,309
AUG	122	91,855
SEP	181	103,263
OCT	195	96,943
NOV	205	90,993
DEC	220	64,183